



Dear Saint Elizabeth Ann Seton Parents:

We, the Athletic Board, would like to thank you for letting your son/daughter participate in Saint Elizabeth Ann Seton School Athletics.

Your Athletic Board works hard to create a wonderful opportunity for your children to enjoy and participate in sports. While your child is participating in sports, should you feel that something is not being done correctly or is unsportsmanlike, we would like to outline your vehicles for communication:

- 1.) Observe the 24-Hour Cushion as outlined in the section entitled *“Top Five Ways to Support Your Student-Athlete”* on page 16 of this manual.
- 2.) Contact your Coach after a practice.
- 3.) If after trying the above methods of communication you should feel that your concern has not been resolved, you may issue your concern personally with the Athletic Board:

President: Mike Verslype

Vice President: Devon Davis

Treasurer: Martha Ellis

Secretary: Jen Poiry

CYO Representative: Kevin Burns

School-Teacher Rep: Deb Brough

Facilities Rep: Rob Slocum

At Large Members: Ken Huth, Joe Leja, John Reimbold, and Shelley Ross

Again, thank you for your support of Athletics at Saint Elizabeth Ann Seton School. We look forward to a great sporting season.

God Bless!

Saint Elizabeth Ann Seton Athletic Board

Saint Elizabeth Ann Seton School Athletic Philosophy

Saint Elizabeth Ann Seton is committed to offering an athletic program that facilitates the spiritual, emotional, and physical growth of our young athletes. We will provide our athletes with the opportunity to:

- Utilize the talent and ability that God has given
- Develop good sportsmanship, teamwork, and individual responsibility
- Prepare a foundation for future development as an athlete, young woman or young man
- Demonstrate integrity and quality in all that they do

ATHLETIC GOALS

- To build Self-Esteem
- To build Character
- To develop Skill
- To develop a positive Self-Discipline
- To develop Self-Motivation
- To expand interest in Lifetime and Leisure Activities
- To provide opportunity for Personal and Social Growth

At the 5th & 6th Grade Level, additional goals include:

- To develop Basic Skills
- To allow students to participate in practices and games (This may be done by providing additional scrimmage time after regularly scheduled games)
- To learn the value of Team Play
- To learn to win and lose with Respect.
- To instill a desire to Succeed in all endeavors, including Competitive Play.

At the 7th & 8th Grade Level, additional goals include:

- To enhance Skills and Techniques
- To develop specific Positioning and Game Skills
- To learn the value of each role on a Team
- To prepare for High School sports – Skills, Positioning, & Discipline
- To develop a lifelong appreciation of athletics
- To instill a desire to Succeed in all endeavors, including Competitive Play.

INDIVIDUAL PROGRAM PHILOSOPHIES

Football – 5th/6th Grade

During this time of athletic development, it is important that all boys learn the fundamentals of their specific sport. In football, they will learn the fundamentals of the position we feel they are best suited for - to develop themselves and to also help the team. We will do our best to get all involved on the team playing time, however, it will not always be **guaranteed identical playing time**-but all will play at least one play in their **specific** grade level game. It is important to all so we can focus on what we are teaching and also for your son's safety.

Football is a physical sport and if not played correctly, someone will get hurt- we do our best to play those that are ready and able to meet their needed assignments, so as to not endanger them or others around them. We have a lot of players and it is a challenge to get them in a game that is 60 minutes long. Plays and responsibilities rely upon all 11 on the field working together and being responsible to know what that means. Your son will learn and advance more in our practices and scrimmages than he will in games. It is important to understand that every position during each individual play is critical. We emphasize special teams play as equally as offense and defense. Unlike any other sport this game can be changed in one play. It is important to note that we view special teams or key play substitution to be as equally important to our overall efforts as compared to starting or playing every down. It takes a team effort to prepare in practice so as to deliver results on the field during games. He should always be commended for his preparation efforts and continued improvement in practice. We will do this at practice and encourage you to support him from home as well. At any time should your son feel his playing time is not reflective of the effort or ability he is showing in practice, we would want him to approach whichever coach he is most comfortable with to thus discuss what needs improved or worked on to be able to increase playing time (and only after that happens will we discuss with the parents). If at any time there is concern over any of the coach actions please direct the concern to the Head Coach, Football Coordinator and/or the Athletic Director.

If your son shows up for practice, works hard, is willing to be mentally tough and gets to the level of being physical enough- he will find a spot on the field. If he does not do ALL of this- this is OK as well, you never know when that "light switch" will "turn on" and he will be able to contribute at the physical level required , but he remains an important part of the team until then- but playing time is reflective of this effort, ability and understanding. We will constantly include all players in everything we do and we hope you help support that from home as well. Please note that a Player Code of Conduct will be adhered to. Limited or **no** Playing Time could be the result at any time if a coach feels that a player is not representing himself, school or team with an overall good Christian Attitude. This includes, but is not limited to, being a distraction during practice or at a game (on the sideline- bench or otherwise), not paying attention, involved in "horseplay" or verbal/physical misconduct towards a teammate or others. The coach will inform the player as to what the player did wrong and the reason that they will not be playing.

An added note to 6th graders, be prepared that some 5th graders may contribute in a 6th grade game if they are showing the ability and effort to be rewarded as such. All players are asked to work hard, pay attention, be a good team player/teammate, play clean- be physical and good things will happen for them. Playing time is decided by the players actions and is not driven by a “win at all cost mentality”, but rather to make sure we put 11 players on the field that will do their job as best they can in order to protect the safety of the other 10 players around them and because they have earned the opportunity which is part of “life lessons” that Sports creates.

The Head Coach will be required to submit a letter to be shared with parents prior to the first game indicating how the team will “operate” reiterating this philosophy. Your Athletic Board works hard to create a wonderful opportunity for your children to enjoy and participate in sports. Likewise, coaches are volunteers and they put a lot of time and energy into what they do and thus we are extremely thankful for this stewardship they share. If during the course of a specific season you experience some concerns as to how the team is operating, we would like to outline specific routes for you to take to address your concerns:

- 1) Have the student/athlete approach his coach discretely with his concern- always best handled between player and coach first.
- 2) Parent should DISCRETELY contact your Coach after a practice/game, but no sooner than 24 hours after the concern has arisen. All parties can then “cool off.”
- 3) E-mail the Football Coordinator or Athletic Director or non-football related Board member. All emails available each year on the school website under athletics.

www.seascsfw.org

Football – 7th/8th Grade

During this time, we are preparing our children for High School Sports. They should be learning specific roles and responsibilities that are required in football. Football will never cut, however, it is important to understand that 7th/8th grade sports are focused on being more competitive. Participation at this grade level may vary among players. Remember that the focus of 7th/8th grade football is to ready them for High School Football. Equal playing time and even playing time in general is not guaranteed at this level.

Football is a physical sport and if not played correctly, someone will get hurt- we do our best to play those that are ready and able to meet their needed assignments, so as to not endanger them or others around them. Our commitment is that we will do our best to **try** and get every 8th grader into each game and as many 7th graders as we can, but that is not guaranteed, as well. With 4-5 practices per week at 2 hours each, your son will have ample opportunity to grow his skill level and to properly learn how the game is played. If this is not evenly reflected on Sunday during a 1 hour game, he should still be commended for his preparation efforts and continued improvement in practice. We will do this at practice and encourage you to support him from home as well. It is important to note that we view special teams or key play substitution to be as equally important to our overall efforts as compared to starting or playing every down. One play can make a difference in the game of football.

Likewise, it takes a team effort to prepare in practice so as to deliver results on the field during games. At any time should your son feel his playing time is not reflective of the effort or ability he is showing in practice, we would want him to approach whichever coach he is most comfortable with to thus discuss what needs improved or worked on to be able to increase playing time. We will do our best to try and schedule 1-3 7th grade games if there are enough players to do this with each year.

If your son shows up for practice, works hard, is willing to be mentally tough and gets to the level of being physical enough- he will find a spot on the field. If he does not do ALL of this initially- this is OK as well, you never know when that "light switch" will "turn on" and he will be able to contribute at the physical level required, but he remains an important part of the team until then- but playing time is reflective of this effort, ability and understanding. We will constantly include all players in everything we do to the best of our ability and we hope you help support that from home as well. Please note that a Player Code of Conduct will be adhered to. Limited or **no** Playing Time could be the result at any time if a coach feels that a player is not representing himself, school or team with an overall good Christian Attitude. This includes, but is not limited to, being a distraction during practice or at a game (on the sideline-bench or otherwise), not paying attention, involved in "horseplay" or verbal/physical misconduct towards a teammate or others. The coach will inform the player as to what the player did wrong and the reason that they will not be playing. Playing time is decided by the player's actions and is not driven by a "win at all cost mentality", but rather to make sure we put 11 players on the field that will do their job as best they can in order to protect the safety of the other 10 players around them and because they have earned the opportunity which is part of "life lessons" that Sports creates.

The Head Coach will be required to submit a letter to be shared with parents prior to the first game indicating how the team will "operate" reiterating this philosophy. Your Athletic Board works hard to create a wonderful opportunity for your children to enjoy and participate in sports. Likewise, coaches are volunteers and they put a lot of time and energy into what they do and thus we are extremely thankful for this stewardship they share. If during the course of a specific season you experience some concerns as to how the team is operating, we would like to outline specific routes for you to take to address your concerns:

- 1) Have the student/athlete approach his coach discretely with his concern- always best handled between player and coach first.
- 2) Parent should DISCRETELY contact your Coach after a practice/game, but no sooner than 24 hours after the concern has arisen. All parties can then "cool off."
- 3) E-mail the Football Coordinator or Athletic Director or non-football related Board member. All emails available each year on the school website under athletics.

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Volleyball – 5th/6th Grade

During this time it is important for all children to learn the fundamentals of volleyball. To create this learning environment we expect the coach to play every player. While equal playing time is not guaranteed, every player should play at least; (10) points for 5th Grade, & (6) points for 6th

Grade, per match, (these points may accumulate in multiple games during a match; they do not have to be consecutive points.) When able, coaches will schedule extra games to obtain playing time for players. Playing time can also be accomplished through a "rotating roster," if the coach wishes to do so and informs the board, parents and players ahead of time and through the team letter at the beginning of the season. Any other structure of how the players receive their playing time will be determined by the individual coach after board review and approval. Always remember, most of your child's progress will be made in drills and scrimmages at practice.

In the event that there are more than fifteen (15) players on a team, the coach may create two (2) teams at his/her discretion. (5th grade, there CANNOT be an "A" team and a "B" team. 6th grade may create a true "A" team & "B" team, with the "A" team having the more advanced players and the "B" team having the less advanced players.) If two coaches cannot be secured, then cuts shall be made to bring the minimum number of players to nineteen (19) with the athletic board's approval.

In both 5th and 6th grade the if two teams are created the coach(es) decide(s) if both teams are to be entered in the post season tournament, or in the alternative, combined and entered as one team. This must be done prior to the season, at the time the rosters are turned in, pursuant to CYO rules.

If a coach decides to conduct tryouts and make cuts, under the foregoing rules, he/she must have at least one neutral evaluator present at the tryouts. The coach must also provide written notification to the players who are cut outlining their strengths and weaknesses. The letter should include a list of skills that need improvement and suggestions to help achieve their goals.

During tournaments playing time is not guaranteed. A coach has the discretion to enter one or two teams into a tournament. The Board should be informed of all decisions concerning cuts or tournament participation before the coach makes the announcement to the team and parents.

Volleyball – 7th/8th Grade

During this time, we are preparing our children for High School volleyball. They should be learning specific roles and responsibilities that follow their sport. To ensure this, your coach has the right to conduct "try-outs" to clarify which players can perform to this task. 7th/8th grade sports are focused on being more competitive. Participation at this grade level may vary among players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports. Equal playing time and even playing time in general is not guaranteed at this level.

If a coach decides to conduct tryouts and make cuts, under the foregoing rules, he/she must have at least one neutral evaluator present at the tryouts. The coach must also provide written notification to the players who are cut outlining their strengths and weaknesses. The letter should include a list of skills that need improvement and suggestions to help achieve their

goals. The Board should be informed of all decisions concerning cuts before the coach makes the announcement to the team and parents.

Basketball – 5th Grade

During this time it is important for all children to learn the fundamentals of basketball. To create this learning environment we expect the coach to play every player. While equal playing time is not guaranteed, every player should play at least three (3) minutes per game. (This does not include the extra minutes after the regulation game.) This can be accomplished through flex scheduling if the coach wishes to do so and informs the board, parents and players ahead of time and through the team letter at the beginning of the season. Any other structure of how the players receive their playing time will be determined by the individual coach after board review and approval. Always remember, most of your child's progress will be made in drills and scrimmages at practice.

In the event that there is more than fifteen (15) but less than twenty players on a team, the coach may create two (2) teams at his/her discretion. If more than twenty (20) players participate two (2) teams must be created. The teams must be divided equally by talent. (There cannot be an "A" team and a "B" team). If two coaches cannot be secured, then cuts shall be made to bring the minimum number of players to nineteen (19).

In both 5th and 6th grade the if two teams are created the coach(es) decide(s) if both teams are to be entered in the post season tournament, or in the alternative, combined and entered as one team. This must be done prior to the season, at the time the rosters are turned in, pursuant to CYO rules.

If a coach decides to conduct tryouts and make cuts, under the foregoing rules, he/she must have at least one neutral evaluator present at the tryouts. The coach must also provide written notification to the players who are cut outlining their strengths and weaknesses. The letter should include a list of skills that need improvement and suggestions to help achieve their goals.

During tournaments playing time is not guaranteed. A coach has the discretion to enter one or two teams into a tournament. The Board should be informed of all decisions concerning cuts or tournament participation before the coach makes the announcement to the team and parents.

Basketball – 6th Grade

In 6th grade if more than nineteen (19) players tryout for the team and two (2) coaches cannot be secured, the coaching staff has the option to conduct tryouts and make cuts. Board approval must be obtained prior to making cuts. Playing time of three (3) minutes per game is still guaranteed.

Two teams can be created if numbers are adequate. These teams may be an "A" team and a "B" team. The "A" team having the more advanced players and the "B" team having the less

advanced. If there are more than 20 participants, two teams must be created under the same rule as set forth above. These can also be “A” and “B” teams.

In both 5th and 6th grade the if two teams are created the coach(es) decide(s) if both teams are to be entered in the post season tournament, or in the alternative, combined and entered as one team. This must be done prior to the season, at the time the rosters are turned in, pursuant to CYO rules.

If a coach decides to conduct tryouts and make cuts, under the foregoing rules, he/she must have at least one neutral evaluator present at the tryouts. The coach must also provide written notification to the players who are cut outlining their strengths and weaknesses. The letter should include a list of skills that need improvement and suggestions to help achieve their goals.

During tournaments playing time is not guaranteed. A coach has the discretion to enter one or two teams into a tournament. The Board should be informed of all decisions concerning cuts or tournament participation before the coach makes the announcement to the team and parents.

Basketball – 7th/8th Grade

During this time we are preparing our children for High School Basketball. They should learn specific roles and responsibilities that follow their sport. To ensure this, your coach has the right to conduct “try-outs” to clarify which players can perform to this task. 7th/8th grade sports are focused on being more competitive. Participation at this grade level may vary among players. Remember, the focus of 7th/8th grade sports is to ready them for High School sports. Equal playing time and even playing time in general is not guaranteed at this level.

If a coach decides to conduct tryouts and make cuts, under the foregoing rules, he/she must have at least one neutral evaluator present at the tryouts. The coach must also provide written notification to the players who are cut outlining their strengths and weaknesses. The letter should include a list of skills that need improvement and suggestions to help achieve their goals. The Board should be informed of all decisions concerning cuts before the coach makes the announcement to the team and parents.

ATHLETIC PROGRAMS AVAILABLE

<u>Program</u>	<u>Season</u>	<u>Boy Teams</u>	<u>Girl Teams</u>
Cheerleading	Year-Round		5 th , 6 th , 7 th , 8 th
Football	Fall	5 th & 6 th 7 th & 8 th	
Volleyball	Fall		5 th , 6 th , 7 th , 8 th
Basketball	Winter	5 th , 6 th , 7 th , 8 th	5 th , 6 th , 7 th , 8 th
Soccer	Spring	5 th & 6 th 7 th & 8 th	5 th & 6 th 7 th & 8 th
Softball (Fast Pitch)	Spring		5 th , 6 th , 7 th , 8 th
Track	Spring	5 th , 6 th , 7 th , 8 th	5 th , 6 th , 7 th , 8 th

In the event that there are not enough athletes to fill a team, the coach of that team may ask athletes from a grade below, or above, to move to that team. This must be a voluntary move and approved by the student-athlete and his/her parents. Players and coaches should make the decision based on what is best for the **team**. When grades are required to be combined, the higher grade level becomes the foundation for the team.

(i.e. if 7th and 8th grade combine for a sport, they must compete at the 8th grade level)

In the 5th and 6th grade levels, there will be a maximum of two teams per grade per sport, based on the number of athletes and coaches available.

In the 7th and 8th grade levels, there will be a maximum of one team per sport.

Athletic Association Budget

Saint Elizabeth Ann Seton School's athletic programs have an annual budget in excess of \$7,500.00. The cost of this budget is partially funded by an athletic fee of \$30 per player per sport, including cheerleading (except football which has a fee of \$45). *Fees are subject to change each year based on the cost of the programs offered. This fee helps cover equipment and uniforms and other fees. The athletic fee needs to be given to the coaches at the beginning of each season. Checks should be made payable to Saint Elizabeth Ann Seton Athletic Association. We have tried to keep this fee affordable; we do not want to discourage participation due to the fee. If you are having financial difficulty, please contact the Athletic Director or the principal.

In addition to the athletic fee, one annual fundraiser is used to support the athletic program. The treasurer of the Saint Elizabeth Ann Seton Athletic Association oversees a monthly drawing held in November through May. Three winners each month receive a cash prize. Tickets for these drawings are sold in September.



Coach's Code of Conduct

Coaches are first and foremost educators, and must work in coordination with the parents, who are the primary educators of children. At all times, coaches must be examples of Christ the Teacher who serve as role models for student-athletes to emulate. They must be messengers of the school mission and ensure that athletic programs embody Catholic characteristics prevalent at Saint Elizabeth Ann Seton School. Coaches are called to be models and witnesses to their faith each day, and as such, coaches are expected to uphold high standards of conduct in and out of season.

Goal Setting

When working with Saint Elizabeth Ann Seton School athletes, a successful coach will work towards goals in the following three dimensions: team, personal, and school.

Team Goals

Saint Elizabeth Ann Seton School coaches build a team by:

1. Advancing the athletes' understanding of their role as members of the communal Body of Christ.
2. Creating a positive and memorable experience that will be cherished by the student for the rest of his/her life.
3. Teaching the specific and unique skills of this sport to the very best of his/her abilities by using all means, methods and resources available.
4. Teaching the skills of healthy competition that will prepare athletes and the team to succeed.

Personal Goals

Saint Elizabeth Ann Seton School coaches grow as individuals by:

1. Modeling character, sportsmanship, self-discipline, and a lived faith.
2. Appreciating the moments of Grace throughout a season, at times of winning and losing.
3. Becoming a lifelong learner of their sport.
4. Maintaining perspective in and throughout all athletic endeavors, realizing teachable moments exist in all experiences.
5. Fostering positive relationships with all school community stakeholders.

School Goals

Saint Elizabeth Ann Seton School coaches contribute to the school community by:

1. Infusing the school mission in all athletic activities.
2. Promoting academic excellence as an essential component in the development student-athletes.
3. Committing to effective communication with administrators, teachers, parents, and athletes.

4. Supporting the development of student-athletes as leaders and role models in the greater school community
5. Creating a culture of school unity and spirit as exemplified through sportsmanship, positive fan participation, and respect for all.

Language

Language should be appropriate and constructive at all times. Coaches are expected to not only monitor their own language, but they should also set and enforce standards of appropriate language for their athletes. This includes, but is not limited to swearing, harassment, exclusionary language, sexual innuendo, personal attacks, and unsportsmanlike gestures.

Treatment of Opponents

Although opponents are not a part of our school community, they are members of the larger Body of Christ and should be treated as such. Coaches should model such respect for their athletes and should instruct players on how to welcome their opponents and all visitors in a way that conveys a sense of hospitality and community.

Prayer

Athletic experiences play an important role in the spiritual formation of students at Saint Elizabeth Ann Seton School. Genuine and lasting spiritual development is only possible through careful and conscientious preparation by those in leadership positions. Coaches, as team leaders, are chosen not just to be mentors and role models for student-athletes, but also to be witnesses. Prayer should become an intentional component to a team's culture, not just a rushed event before or after a game or practice. Rather than emphasizing winning, prayers should focus on embodying the spirit of Christianity. Coaches are encouraged to build and create spiritual traditions in their approach to coaching at Saint Elizabeth Ann Seton School.

Conduct Infractions – During Game/Match

It is the Athletic Board's policy that our Head Coaches and Assistant Coaches inform the Board President within 24 hours of a conduct infraction committed by a member of the coaching staff during the course of a game/match. This includes, but is not limited to, red cards, unsportsmanlike fouls, and technical violations in all SE sporting events.

The President will then review the occurrence and inform the executive members of the Athletic Board. The purpose of this policy is to ensure that the Executive Board fully understands these situations from the coach's point of view and is better able to support the coach should questions/concerns arise as a result of the occurrence.

Club, AAU, Travel, and Organized Team Play Policies

It is the goal of the Saint Elizabeth Ann Seton Athletic Association to encourage our student-athletes to play multiple sports at this age. In order to do so, our coaches are not to create situations in which we are "competing" with outside organizations for our student-athletes. Our coaches are committed to all of our athletic programs and we have two policies in place to support our school teams and athletes.

- 1. Club, AAU, Travel or Organized Team Play “Outside of” Typical CYO Sport Season.** At no time should a team be formed with a majority (60%) of Saint Elizabeth Ann Seton student athletes on the formed club/AAU/Travel team and coached by a head or assistant coach that is organized, practicing or playing during another school sport season. Any coach found to be involved in the formation or coaching of a team that competes with another school sports season will be banned from coaching Saint Elizabeth Ann Seton Athletic teams in any sport. It is the intent of our school athletics program to allow our student athletes the opportunity to participate in as many school sports as they choose without consequence. Our school sports program strives to allow all student athlete participation and to get support from all our members. Student athletes should not be forced to make a decision between sports when called upon by multiple sports at one time. This could potentially cause an athlete to forego the current “in-season” school sport so as to not feel like they may “fall behind” by not joining and staying current with the team formed outside of that team’s season. In addition, the forming of a team that competes during another school sports season then causes an athlete who chooses to play for the school’s current sports season to potentially not have a fair opportunity to play for the team that is formed when it returns to the normal season timeframe. However, if the above mentioned team is formed and a majority of the formed team (60%) also plays the “in-season” school sport then the coach can continue to coach Saint Elizabeth Ann Seton athletics as it represents that the coach is supportive of other Saint Elizabeth Ann Seton athletic teams and is encouraging players to play all school sports. To stay coach eligible, the coach must make the “in-season sport” game schedule the player’s first priority over a club/travel/AAU scheduled event. Players should never be asked to make a choice between a schools scheduled “in-season” game and an Saint Elizabeth Ann Seton coach organized “non-season sport” game/event.
- 2. Club, AAU, Travel or Organized Team Play “During” Its Same Typical CYO Sport Season.** At no time should a “same sport” team be formed, organized or coached during the same typical CYO season unless all members of the current existing team have been afforded an opportunity to participate on that extracurricular club/AAU or travel team, as well. All players would have the opportunity to be on the travel/AAU/club team (and pay (if not sponsored)...it is club/travel/AAU). However, the coach is allowed to set his/her own rules, regarding playing time, etc. The coach is not required to adhere to Saint Elizabeth Ann Seton School policy for playing time on the club, travel/AAU team and can limit playing time, etc. The coach should communicate these intentions up front. If a team is formed outside of a typical CYO season it must meet our separate policy that outlines when the Saint Elizabeth Ann Seton School coach/team can compete so as to not conflict with other school sports (see the policy). (I.e. Coaches are free to form same sport teams during the off season as long as they do not compete with other school sports as covered in our policy.)

If players choose to go “on their own” and join any of the aforementioned teams or other “travel teams” before, during or after a season then that is up to the parent/player and not addressed within these policies as it is not a majority (60%+)

organized by our coach(s). The Athletic Board would hope that if this does occur that the school sport commitment would take first priority for the individual athlete when schedules conflict. At no time will teams be allowed to form that have the majority of the players (60% or more of travel/club/AAU team) from the existing Saint Elizabeth Ann Seton School team, coached by an assistant or head coach at the same time as the same sport CYO season unless all players on the same sport CYO season team have been offered the same opportunity to be on this formed club/travel/AAU team. Any coach found to be involved in the formation or coaching of a team, during the same season, without affording all team players the opportunity to participate will be banned from coaching Saint Elizabeth Ann Seton School Athletic teams in any and all sports.



Conduct of Athletes

Student-athletes are responsible for developing the necessary self-discipline to attain and maintain the appropriate mental and physical condition required for peak performance.

School Citizenship, Leadership and Personal Sacrifice

Another major responsibility student-athletes assume is to our school; since more is expected of athletes than other students in matters of school citizenship, leadership, and personal sacrifice, athletes will be expected to make a sincere effort to achieve and maintain a satisfactory scholastic standing in the classroom. Additionally, student-athletes' conduct both on and off the field contribute to judgments made by students and the community about our school, and as such athletes are required to engage only in activities which bring credit to yourself, your family, and your school. It is also imperative for student-athletes to understand that they are role models for younger athletes, and it is natural that they imitate your attitudes and actions.

Attendance

1. Athletes are responsible for being present at all set meetings, practices, and games unless excused by a physician, or by having obtained prior consent from the coach. An unexcused absence could result in disciplinary action by the coach.
2. Student-athletes who are sent home from school for any health reasons, may not participate in any after school practices, games, or meetings on that day. For a student-athlete to be eligible for activities, they must be at school by the conclusion of the lunch period, unless school has been missed for other circumstances, i.e. funerals, dental exams.

Attitude

A student-athlete's appearance, language, and actions have a direct influence people's opinion of the athlete personally, as well as their general opinion of our school. Once a student has become a member of a team, they should strive to do all that they are capable of, and all that is expected of them. **Coaches have the authority to bench or suspend a student-athlete should they exhibit negative behavior or poor attitude.**

CYO Policies

As a Saint Elizabeth Ann Seton School student-athlete, you must adhere to all CYO policies that apply to your division. CYO policies are given to the Head Coach of each sport.

Dress and Appearance

Student-athletes are expected to take pride in their personal appearance. He/she should attempt to appear as good off the field as on. Whenever an athlete is before the public, their appearance is a reflection of our school and community.

1. All student-athletes' are to maintain a clean and neat outward appearance, and must conform to their sport, and to CYO and school rules.
2. The CYO and Saint Elizabeth Ann Seton School Athletic Association do not allow jewelry of any kind (earrings, bracelets, necklaces, rings, watches, or body-piercing) at practice or sporting events.
3. Sports Bras are only to be worn under clothing at practices and games.
4. Your sport uniform should be worn only for sporting events and other pre-approved school events.

Good Study Habits

Education is they key to success in the future. Adequate study time is required to achieve good grades. The primary responsibility of all student-athletes is that of a student first, athlete second.

Injuries

Any and all injuries should be given immediate attention. The coach should be notified of any injury or illness as soon as possible.

Substance Abuse

The use of alcohol, tobacco, and non-professionally prescribed drugs and/or medications will not be tolerated either during our out of season. No drinking of alcoholic beverages, use of tobacco, or possession and/or use of narcotics is strictly prohibited at all times. Substance abuse will result in disciplinary action administered by the Principal.

Expectations of Parents and Stakeholders

“It is incumbent upon parents to cooperate closely with the school teachers to whom they entrust their children to be educated; in fulfilling their duty teachers are to collaborate closely with parents who are willingly heard and for whom associations and meetings are to be inaugurated and held in great esteem.”
(Code of Canon Law, 796)

Saint Elizabeth Ann Seton School coaches and administrators respect the primacy of the parents as the first teachers of their student-athletes, and will partner with parents in the formation of student-athletes. Parents and other members of the community play a vital role in the holistic education of children including students’ participation in school-sponsored athletics. Together, all stakeholders should actively work to ensure that the Catholic mission and identity of Saint Elizabeth Ann Seton School permeates the athletics program.

Top Five Ways to Support your Student-Athlete:

1. ***Be Present*** – Show up to games, cheer, and support our teams!
2. ***Be Positive*** – Children learn from modeling. When talking about the game, season, performances, and decision-making, please share the gift of a positive outlook on life! Make sure that your child knows that, win or lose, he/she is loved and supported.
3. ***Encourage Independence*** – Encourage student-athletes to be responsible for the care of their athletic gear and to be prepared for athletic practices and games. In addition, all student-athletes should speak directly with their coach about any questions and/or concerns.
4. ***Observe the “24 Hour Cushion”*** – As do all good educators, Saint Elizabeth Ann Seton School coaches will naturally and deliberately reflect on all game situations and decisions. Please allow coaches the time they need to process their decisions before approaching them with any questions. Coaches need not discuss playing time, coaching strategies and specific plays, or information pertaining to other athletes.
5. ***Model St. Elizabeth Ann Seton School’s Behavior Expectations for Visiting Spectators*** – Take pride in our athletic program and model for visitors how we:
 - a. Cheer for our team rather than against our opponents.
 - b. Respect the integrity and authority of game officials.
 - c. Allow coaches to coach without criticism from the spectators.
 - d. Help clean up at the end of athletic events.

Transportation

Transportation to/from practices and games is the sole responsibility of the parents. Please ensure that your student-athlete is picked up promptly at the end of each practice/game.

Removal from Team – Parent Decision

The principal, athletic director and coaches will respect and support the decision of a parent to remove his or her child from a team for any reason. However, once the child is removed, he or she may not return to that team for the remainder of the sport season.

The principal has the authority to remove a student or cancel a season if student-athletes or parents are not adhering to Saint Elizabeth Ann Seton School standards.



Eligibility Rules

Saint Elizabeth Ann Seton School is concerned with helping all students reach their full potential, both spiritually and academically. Realizing that extracurricular activities encourage personal growth by challenging students to be the best they can be, we encourage students to participate in extracurricular activities over and above their regular curricular requirements.

However, participation in the extracurricular activities offered at Saint Elizabeth Ann Seton School is a privilege for which reasonable standards are established and enforced for the educational and personal welfare of the subjects and demonstrate self-discipline while simultaneously undertaking the extra demands upon time and energy required by these activities, they should concentrate their time and effort on their academic studies. Saint Elizabeth Ann Seton School sets forth minimum academic standards and conduct requirements. **Please refer to the Saint Elizabeth Ann Seton School Handbook for Guidelines on Eligibility. The Athletic Association fully supports the school's policy on eligibility.**

Physical Examinations

Physical Examinations are required prior to the first practice in the Saint Elizabeth Ann Seton School athletic program. The physical form must be completed by a physician and submitted to the Athletic Director PRIOR to the first practice. Physicals must be dated after May 1st for the following school year (example: physicals must be dated after 5/1/2014 to participate during the 2014/2015 school year).

Insurance Coverage

The CYO requires insurance coverage for all athletes in its program. The Fort Wayne/South Bend Diocese provides student insurance for all students that cover athletic practices and games. This is secondary insurance, not primary coverage. If you carry no medical insurance, this insurance would be primary coverage, but only as described by the policy. The fee for this insurance is included in every student's book fees.

Scholarships

At the end of each school year, the Saint Elizabeth Ann Seton Athletic Association sponsors a scholarship, which is awarded to an eight grader who plans to attend a local Catholic high school. The award is based on athletic ability, Christian attitude, sportsmanship, and leadership abilities.

Fort Wayne Catholic Youth Organization (CYO) Policy

Saint Elizabeth Ann Seton School is a member of the CYO, and thus follows all the rules and regulations set forth by the CYO Board. The CYO provides each Head Coach a copy of the policy booklet during each respective sports coach's meetings.

Athletic Association Organization / Responsibilities

Athletic Association Committee

The Athletic Association Committee is a volunteer committee, which works together to provide an athletic environment that stimulates the growth of all student-athletes at Saint Elizabeth Ann Seton School. Each person on the board is dedicated to assisting with all responsibilities of the athletic board. These responsibilities include evaluation of the program, assisting with fund-raisers, and any other duties as designated.

Athletic Association Committee Definition:

1. Establishes and governs and monitors the adherence to the policies of the athletic program.
2. Approves and recommends the annual athletic budgets.
3. Holds open forum meetings for the discussion of the athletic concerns of the coaching staff and student athletes.
4. Annually updates the Athletic Handbook.
5. Reviews all coaching applications, and approves all head and assistant coaches. The head coach selects his or her assistants from the pool of approved applications. Approval of an application is dependent on Diocesan background check, and completion of all school requirements for volunteers.

President

The President is directly responsible to the principal. The primary responsibility of the President is the administration and supervision of the athletic program at Saint Elizabeth Ann Seton School. The President will provide the leadership necessary for the day-to-day operation of the athletic department.

President Definition:

1. Directs the operation of the athletic program.
2. Assists in approving and supervising coaches.
3. Evaluates the athletic program and athletic staff.
4. Collects athletic fees, consents and physicals from the coaches.
5. Maintains list of coaches and rosters.
6. Fulfills the duties of the Vice President when none is available.

Vice President

The Vice President provides assistance in organization and communication with the coaches and athletes.

Vice President Definition:

1. Assists in approving and supervising coaches.
2. Provides communication to coaches.
3. Collects equipment from coaches (i.e. clipboards, first aid kits, ball bags).
4. Maintains first aid kits.

Treasurer

The Treasurer is primarily responsible for the tracking of moneys that flow through the Athletic Association.

Treasurer Definition:

1. Coordinates annual athletic budget.
2. Approves routine expenses.
3. Maintains income and expense records.
4. Prepares annual reports.
5. Oversees the annual fundraiser.

Secretary

The Secretary assists the President with all Athletic Association functions.

Secretary Definition:

1. Plans and/or delegates all Athletic Association functions.
2. Maintains calendar and notes on all athletic board functions.
3. Maintains updates to Athletic Handbooks.
4. Distributes minutes and other communications for newsletters, bulletins, coaches, etc.

School CYO Representative

The School Representative shall represent Saint Elizabeth Ann Seton School at all CYO meetings.

School CYO Representative Definition:

1. Attend scheduled Fort Wayne Catholic Youth Organizations (CYO) meetings.
2. Be the liaison for the Saint Elizabeth Ann Seton Catholic School, representing coaches and parents at CYO meetings.
3. Vote on motions pertaining to CYO issues.
4. Shall inform the Saint Elizabeth Ann Seton School Athletic Association of all CYO Policy changes and CYO deadlines.

Teacher Representative

The Teacher Representative assists the Board with any school communication.

Teacher Representative Definition:

1. Report Student Grades for eligibility.
2. Shall communicate to the Saint Elizabeth Ann Seton School Athletic Association any school schedule changes and/or school handbook revisions.

At Large Board Members

Board can appoint At Large Members to assist in and develop ideas that will strengthen the school's athletic program. Members will attend Board meetings, share past experiences, and assist in various athletic events.

Members who help the Athletic Association Committee:

Sport Coordinators

1. Assist Athletic Association with planning and coordinating of their prospective sport.
2. Communicate to Athletic Association equipment needs for season.

Uniform Coordinator

1. Distributes uniforms to athletes.
2. Collects the uniforms at the end of each season.
3. Coordinates the purchasing of new uniforms

Concession Stand Coordinator

1. Responsible for staffing and supplying concession stand

Head Coach/Assistants

All coaches at Saint Elizabeth Ann Seton School are volunteers. Coaches shall be responsible to the President for the total operation of their respective sports programs. All coaches shall act as the official representatives of the school as they carry out their athletic responsibilities. All coaches will be responsible for the normal duties required of competition, those duties described in the coach's job description, and/or any duties delegated by the President.

Head Coach/Assistants Responsibilities:

1. Represent the school in interscholastic activities.
2. Conduct their work within the framework of the goals of the school, the policies and procedures of the department of athletics, and the regulations of the Saint Elizabeth Ann Seton School Policy Handbook for Coaches, diocesan policies and state statutes.
3. Determine team selection fairly and provide personal feedback to the cut player for future improvement.
4. Strictly enforce eligibility rules.
5. Consider athletics as part of the total education program, encouraging student-athletes to work to their maximum ability in academics as well as in sports.
6. Exhibit proper and exemplary behavior at all times.
7. Implement the Code of Conduct for all athletes.
8. Are entirely responsible for the supervision and guidance of students in their charge.

Additional Athletic Information

First Aid Kits

First Aid Kits are available to all coaches. The Vice President will issue these to coaches. First Aid Kits are to be returned at the end of the season; please let the Vice President know what needs to be replaced.

Pictures

The coach needs to schedule a time for team and individual pictures – preferably at the beginning of the season. Scheduling a time with another team will save time for the photographer. Coaches can check the coach’s checklist sheet for the name and phone number of the photographer.

Uniforms

Student Athlete is responsible for turning in their uniform timely and in good condition at the end of each participated sport. If damaged, student athlete is required to pay for the replacement cost of the uniform.

Each student athlete is required to sign a uniform agreement outlining the policy.



Contact List

Athletic Board for 2014-2015

President: Mike Verslype

Vice President: Devon Davis

Treasurer: Martha Ellis

Secretary: Jen Poiry

Parish CYO Representative: Kevin Burns

Additional Board Members:

At Large: Ken Huth

At Large: Joe Leja

At Large: John Reibold

At Large: Shelley Ross

At Large: Carmen Buczak

School-Teacher Representative: Deb Brough

Facilities Representative: Rob Slocum

Uniform Coordinator: Shelley Ross

Concession Stand Coordinator: Open

Sport Coordinators:

Football – Chris Brough

Volleyball – Martha Ellis

Basketball – John Reibold

Spring Sports (Soccer, Track, Softball) – Ken Huth

Cheerleading – Open

CYO Address:

Fort Wayne CYO

P.O. Box 445

Monroeville, IN 46773

Phone/Fax: 260-623-6007



SCHOOL CONFERENCE

CYO – Catholic Youth Organization

SCHOOL NICKNAME

Pioneers

Football- JAT Knights (St. Joseph, St. Aloysius, St. Therese, St. Elizabeth)

SCHOOL COLORS

Red & Gold

Football – Red & Black



An Athlete's Prayer

I thank You, O Lord, for giving me a body which is specially fit and strong, and for allowing me to use it well.

In my training: Help me never to shirk the discipline which I know is necessary and beneficial for me.

When I compete with others: Help me, win or lose, to compete fairly. When I am fortunate enough to be the victor, keep me from boasting, or gloating; when I lose, or finish something less than 1st. Prevent me from sulking or making poor excuses...to myself, my teammates and my coach.

Above all else, do not allow me to become conceited with this gift of strength and expertise which is in my body; but rather aid me to express my thankfulness for this gift in all areas of my life outside the arena.

Give me, Lord, the wisdom to understand that my talent as an athlete is something which can and will fade with the passage of time...and then motivate me to cherish these days and years as a distinct blessing from you.

I ask Your blessing in my life, as one who passes through time toward You. In the name of Christ Jesus I pray. Amen.

TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

- I. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive enforcement.
- II. Try your best to be completely honest about your children's athletic capability, their competitive attitude, sportsmanship and actual skill level.
- III. Be Helpful, but don't coach them on the way to the rink, pool or track or on the way back or at breakfast and son on. It's tough not to, but it's a lot tougher for children to be inundated with advice, pep talks and often critical instruction.
- IV. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
- V. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You are frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
- VI. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
- VII. Don't compare the skill, courage or attitudes of your children with other members of the team, at least within their hearing.
- VIII. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under this leadership.
- IX. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- X. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear or discomfort. The job of the parents of athletic children is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky in this."

Center for Sports Psychology, Colorado Springs, Colorado